



Wellbeing

Supporting Wellbeing in Foster Care

A Safe and Stable Environment

Consistency, safety, and routine are the foundation of wellbeing. Foster carers provide a secure home where children feel protected, valued, and respected — a place where trust can begin to grow.

Emotional Support

Children in care may have experienced trauma, loss, or neglect. Foster carers support emotional wellbeing by:

- Listening without judgement
- Offering comfort and reassurance
- Encouraging children to express their feelings
- Supporting access to therapy or counselling when needed

Positive Relationships

Wellbeing flourishes through healthy, trusting relationships. Foster carers help children:

- Build strong attachments
- Feel part of the family
- Maintain appropriate contact with birth families where it is safe and agreed

Promoting Identity and Belonging

Children in care need to feel seen and celebrated for who they are. Carers support wellbeing by:

- Respecting cultural, religious, and personal identity
- Supporting language, traditions, and heritage
- Advocating for children's voices to be heard in decisions that affect them

Education and Learning

A child's wellbeing is closely tied to their sense of achievement and purpose. Foster carers support:

- School attendance and engagement
- Homework and learning routines
- Communication with teachers and school staff
- Extra support where needed (e.g. EHCPs or tutors)

Healthy Lifestyle

Foster carers promote physical health by:

- Encouraging good nutrition and regular meals
- Promoting physical activity and sleep routines
- Supporting medical and dental appointments
- Modelling healthy habits

Building Self-Esteem and Confidence

Children thrive when they feel capable and confident. Carers help by:

- Praising efforts and achievements
- Setting realistic goals
- Encouraging hobbies and interests
- Involving children in daily decisions

Support Networks and Professional Input

Carers are never alone in supporting wellbeing. Rising Stars Fostering provides:

- 24/7 support from supervising social workers
- Ongoing training on trauma-informed care
- Peer support groups and respite options
- Access to therapists, education teams, and health professionals